

WHAT CAN YOU EXPECT FOR 300 CALORIES?

PROTEIN PHOSPHORUS NIACIN B12 IRON RIBOFLAVIN ZINC

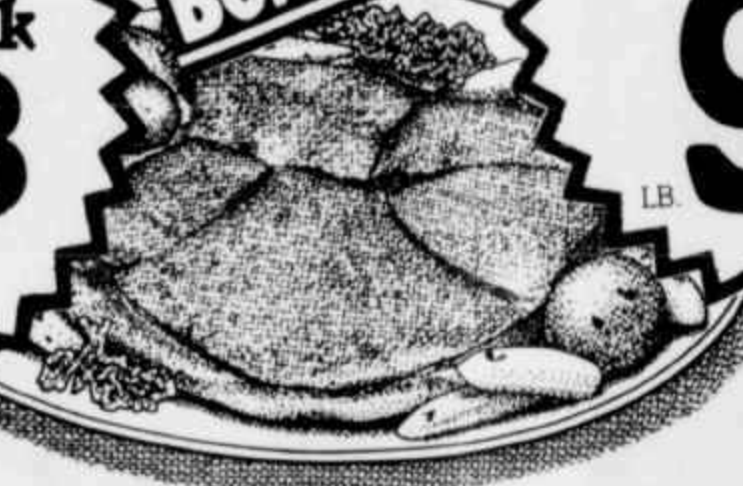
Right off, you probably never expected beef. But four ounces of top sirloin has just 230 calories. The vegetables add just 64 for a total of 294. A chef's salad has more. So does French onion soup. Yet for 255 very satisfying calories, beef packs protein, iron, B-vitamins and essential minerals. And the protein and iron in beef even help you use the protein and iron in vegetables and whole grains. Beef gives you a head start on the balanced diet that builds strength from the inside out. And with that, you can expect almost anything.



BEEF GIVES STRENGTH.

U.S.D.A. CHOICE
Boneless Round Steak
\$1.48
LB.

BONELESS



SHANK PORTION
TV Smoked Bone-In Hams
99¢
LB.
BUTT PORTION
TV Bone-In Smoked Hams
\$1.19
LB.



HEAVY NORTHERN
Boneless Rib Eye Steaks
\$3.99
LB.

THORN APPLE VALLEY
Smoked Beef Sausage
\$1.59
LB.



YOUR CHOICE
Tyson's Chick n' Quick
\$2.99
12 OZ. BOX



U.S.D.A. GRADE A HOLLY FARMS
Fryer Drumsticks or Thighs
\$1.09
LB.



ALL MEAT, BEEF OR JUMBO MEAT OR BEEF
Oscar Mayer Wieners
\$1.79
1 LB. PKG.



MINIMAX MEANS MORE...CONFIDENCE!!

U.S.D.A. CHOICE
Boneless Rump Roast
\$1.99
LB.



ASSORTED VARIETIES
TV Lunch Meats
\$1.19
1 LB. PKG.



ALL MEAT
TV Brand Franks
79¢
12 OZ. PKG.



BAKERY & DELI
At All Stores With In-Store Bakery & Deli

ASSORTED TV BRAND
Wafer Sliced Meats
89¢
2 2.5 OZ. PKGS. FOR
QUALITY
TV Sliced Bacon
\$1.49
1 LB. PKG.
ASSORTED VARIETIES
TV Lunch Meats
99¢
12 OZ. PKG.



TASTY SMOKED
Pork Chops
\$1.99
LB.
LEAN TENDER
Cube Steaks LB. \$3.09
JONES DAIRY FARM CHUB
Braunschweiger EA. .99
JONES DAIRY FARM
Deli Ham LB. \$3.69
FRESH MADE MAMA ROSA'S
Pizzas 30 OZ. PIZZAS 2/\$5.99



OSCAR MAYER
Sliced Bologna
\$2.15
1 LB. PKG.
REGULAR OR BEEF OSCAR MAYER
Salami 8 OZ. PKG. \$1.19
WHOLE OR HALF CLAUSSEN
Pickles 32 OZ. JAR \$1.69
8 OZ., 3 VARIETIES, LOUIS RICH TURKEY
Lunch Meat PKG. \$1.59
UNIVERSAL CHOPPED
Beef Steaks LB. \$1.99



FRESH BAKED
Golden Hoagie Rolls
6 FOR 79¢
BAKER FRESH CAKE
Angel Food EACH \$1.39
8 INCH CHOCOLATE
Meringue Pie EA \$2.29



PULL-A-PART
Tasty Garlic Bread
89¢
LOAF
7 INCH LAYERED
Coconut Cake EA \$3.79
LAND-O-LAKES CHEDDAR
Deli Cheese LB \$3.29



DELICIOUS
Tender Danish Deli Ham
\$3.29
LB.
REUBEN CHOICE
Roast Beef LB. \$4.59
FRESH MADE HAM & CHEESE PO-BOY
Sandwich EACH \$1.29

